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# MT National Guard Yellow Ribbon Program 60-Day Reintegration Academy

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|             |   |                             |
|-------------|---|-----------------------------|
| 7:30-8:00   | - Registration  | Yellow Ribbon Support Staff |
| 8:00-8:30   | - Introductions   | 1LT Barb Conner/YRSS        |
| 8:30-9:15   | - Post Deployment <ul style="list-style-type: none"><li>• Coping strategies for after deployment</li><li>• Life-Style Balance</li><li>• Sleep Problems or Nightmares<ul style="list-style-type: none"><li>◦ Sleep questionnaire</li></ul></li><li>• Anxiety<ul style="list-style-type: none"><li>◦ Anxiety quiz</li></ul></li><li>• When to seek help</li></ul> | 1LT Barb Conner             |
| 9:15-10:45  | - Networking  | Please see vendors          |
| 10:45-11:15 | - Defensive Driving   | MT HWY Patrol               |
| 11:15-12:00 | - Mental Health (Let's Reflect) <ul style="list-style-type: none"><li>• Service Member questionnaire</li><li>• Family Member questionnaire</li></ul>  | Brian Becker                |
| 12:00-1:00  | - LUNCH (provided)  |                             |
| 1:00-1:50   | - Suicide Prevention  | 1LT Barb Conner             |
| 1:50-2:00   | - Closing Remarks   | 1LT Barb Conner             |
| 2:00-2:30   | - AAR (Please turn into Aimee)  |                             |

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*“bringing them all the way home”*

BEFORE

DURING

AFTER 30

AFTER 60



*Proudly serving all of Montana's military components*





MT National Guard  
Yellow Ribbon Program  
60-Day Reintegration Academy

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# After Deployment

Coping Strategies for After Deployment  
Life-Style Balance  
Sleep Problems or Nightmares  
Anxiety  
When to Seek Help and Where to Find It

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*“bringing them all the way home”*

BEFORE

DURING

AFTER 30

AFTER 60

# Post Deployment

Post Deployment is a happy but stressful time. It is not unusual for Service Members to experience difficulties with readjusting to their home environment. If you find yourself having problems since you've been home, refer to the next few pages for assistance.

## Coping Strategies for Post Deployment

There are a number of common strategies that you can use when coping with the stress and memory of deployment. You will have your own way of processing combat events and must find the coping strategies that work best for you. Be aware of your reactions to stress and use the coping strategies that have worked for you before. Individuals who have fewer problems after combat experience cope with stress by:

- Focusing on brief time periods (e.g., think only about what the next step is).
- Focusing on the big picture (i.e., a full and meaningful life and military career, not one traumatic event).
- Seeing others as willing and able to provide support.
- Not second-guessing your past decisions and actions.

## What you'll find in this section:

### Life-Style Balance

#### What if I have sleep problems or nightmares?

- Sleep Questionnaire

### Anxiety

- Anxiety Quiz

### When to seek help

## Life-Style Balance

The mission of reintegrating is to ensure life-style balance. In order to help restore balance in your life, follow some of these self-care suggestions.

### Emotional

- Spend time with others whose company you enjoy.
- Reconnect with important people in your life.
- Use the internet to talk to your buddies.
- Give yourself credit; praise yourself
- Reread favorite books, watch your favorite movies.
- Identify and seek out comforting activities, objects, people, relationships, and places.
- Find things to make you laugh.
- Spend time with your children.

### Spiritual

- Make time to be alone and think about your Higher Power.
- Spend time in nature.
- Find a spiritual connection or community.
- Be open to inspiration.
- Be optimistic and hopeful.
- Be aware of the nonmaterial aspects of life.
- Try, at times, not to be in charge or be the expert.
- Be open to not knowing.
- Identify what is meaningful to you and notice its place in your life.
- Meditate, pray, sing.

### Spiritual continued

- Contribute to causes in which you believe.
- Read inspirational literature (talks, music, etc.).

### Physical

- Eat regularly (e.g., breakfast, lunch, dinner).
- Eat healthy foods.
- Exercise.
- Get regular medical care for prevention and when needed.
- Take time off when sick.
- Remain active (e.g., dance, swim, walk, run, play, sports, sing, or do some other physical activity that you enjoy).
- Take time to be sexual with your partner.
- Make it a priority to get 8 hours of sleep per night when possible.
- Wear clothes you like and feel comfortable in.
- Take vacations.
- Take day trips or mini-vacations.
- Take time away from telephones.

### Psychological

- Make time for self-reflection.
- Write in a journal.
- Read books that are unrelated to work.
- Do something at which you are not an expert (e.g., new video game or sport).



- Decrease stress in your life.

### Psychological continued

- Notice your inner experiences; listen to your thoughts, judgments, beliefs, attitudes, and feelings.
- Let others know different aspects of your personality.
- Engage your mind in a new area (e.g., go to an art museum, history exhibit, sports event, auction, or theater performance).
- Practice receiving positive feedback from others.
- Be curious.
- Say “no” to extra responsibilities sometimes.

## What If I Have Sleep Problems or Nightmares?

Many Service Members who have been deployed for combat have nightmares related to the deployment. If this happens to you, you may wake up feeling terrified. Nightmares are not a sign that you are “going crazy.” They are a common way of working through the memories of combat. The following suggestions have been shown to help reduce sleep problems:

- **Keep bed only for sleep.** Do not watch TV, review work, or solve problems while in bed. Go to bed only when you are drowsy and ready for sleep.
- **If you do not fall asleep within 30 minutes, get up.** Go to another area and do something (i.e., read a book, listen to relaxing music) until you feel drowsy.
- **Have a regular bedtime and rising time.** Go to sleep and wake up at the same time every day.
- **“Wind down” before bedtime.** Do something calming, like light reading, listening to soothing music, praying, using guided imagery, or doing a crossword puzzle.
- **Take short daytime naps.** Naps lasting 10 to 20 minutes can improve mental performance and mood. Nighttime sleep plus daytime naps should add up to about 8 hours to be optimally effective.
- **Decrease stimulants.** Avoid smoking and drinking beverages with caffeine in the afternoon or evening.
- **Make your room comfortable.** Add things that you find calming (e.g., a picture of your family or pet, a beautiful landscape, or a poem or prayer), and remove anything that may hinder rest. Wearing soft foam earplugs can help block external noises. Use dark shades or curtains if your room is too bright. Sleep in a room that is comfortable.
- **Get help for sleep problems.** If the above suggestions do not work after several nights, do not wait for the problem to go away on its own. See your doctor right away. Medical personnel will be familiar with your problem and can provide you with effective treatments for your individual situation.

## Sleep Questionnaire

Do you find yourself sleepy during the day?

☐Yes    ☐No

Do you doze off while reading, watching television or during other quiet activities?

☐Yes    ☐No

Have you been told you snore excessively?

☐Yes    ☐No

Do you have a weight problem?

☐Yes    ☐No

Do you awake in the morning with headaches?

☐Yes    ☐No

Do you find your heart beating irregularly at night?

☐Yes    ☐No

Do you wake regularly without feeling refreshed?

☐Yes    ☐No

Do you find yourself dozing while driving?

☐Yes    ☐No

Do you have a difficult time falling asleep at night?

☐Yes    ☐No

Is your work or family life affected by sleep problems?

☐Yes    ☐No

Do you wake up frequently throughout the night and unable to fall back asleep?

☐Yes    ☐No

*If you answered yes to two or more of the above questions, seek help or more information about sleep deprivation from your primary medical provider or the local VA Clinic or Hospital.*

## Facts about Anxiety Disorders

*Anxiety is a normal feeling that everyone experiences from time to time. Anxiety is when you feel scared and worried a lot of the time. Sometimes you are not even sure why. Sometimes it can be very strong and feel like a panic that gets bigger and bigger. When this happens it can feel as if time is racing or running out. A little bit of anxiety can be good for us though. That is because we do things better when are a little bit nervous. But too much anxiety can be a problem. It can affect the way we do things and affect relationships. It can make us feel out of control. When a person is too anxious, this is sometimes called an anxiety problem or an anxiety disorder.*

### ***What Does Having Anxiety Feel Like?***

*If you have an anxiety problem you may feel some of following things.*

#### ***Feel changes in your body:***

- *A quick heartbeat*
- *Dizzy*
- *You want to vomit*
- *Sweaty*
- *Shaky*
- *Tight Muscles*
- *You can't stay still*
- *Difficulty falling asleep or staying asleep*

#### ***Feel changes in your thinking:***

- *Finding it hard to concentrate*
- *Confusion*
- *Thinking about the same thing over and over*
- *Having strong thoughts zap into your head like 'I am going crazy', 'I will embarrass myself'*

#### ***Feel changes in the way you behave:***

- *Avoiding things*
- *Always looking out for danger*
- *Jumpy*

*Remember many people have these things sometimes. A person who has anxiety problems feels them a lot they also feel them in a big way.*

### ***What Are the Different Kinds of Anxiety Disorders?***

**Panic Disorder** - Repeated episodes of intense fear that strike often and without warning.

**Obsessive-Compulsive Disorder** - repeated, unwanted thoughts or compulsive behaviors that seem impossible to stop or control.

**Post-Traumatic Stress Disorder** - is an anxiety disorder that can occur in the aftermath of a traumatic or life-threatening event. Symptoms of PTSD include flashbacks or nightmares about what happened, hyper vigilance, startling easily, withdrawing from others, and avoiding situations that remind you of the event.

**Phobias** - is an unrealistic or exaggerated fear of a specific object, activity, or situation that in reality presents little to no danger.

**Generalized Anxiety Disorder** - constant, exaggerated worrisome thoughts and tension about everyday routine life events and activities, lasting at least six months.

### ***What Are Effective Treatments for Anxiety Disorders?***

- ***Self-help treatments***
  - *Learn about panic*
  - *Avoid smoking & caffeine*
  - *Learn how to control your breathing*
  - *Practice relaxation techniques*
    - *Imagery*
    - *Meditation*
    - *Self-hypnosis*
    - *Using music or relaxation CD's*
    - *Physical relaxation techniques*
- ***Therapy***
  - ***Behavioral Therapy*** - focuses on changing specific actions and uses several techniques to stop unwanted behaviors.
  - ***Cognitive-behavioral Therapy*** - teaches to understand and change thinking patterns so can react differently to a situation that causes anxiety.
  - ***Analytical Therapy*** - “talking treatment” is to help understand how your past has affected you so you can feel better about yourself
  - ***Systematic Desensitization*** - focuses on gradually confronting the object of fear
- ***Medication*** - combined with treatments such as therapy and life style changes. Medication should always be your last resort to help with your anxiety.

## *Anxiety Quiz*

*1. Which of the following are disorders of the brain?*

- ☐ a. Stroke, epilepsy, multiple sclerosis
- ☐ b. Anxiety disorders, schizophrenia, depression, alcohol addiction
- ☐ c. Autism, anorexia, learning disabilities, dyslexia, migraines
- ☐ d. Alzheimer's, Tourette syndrome, Parkinson's, brain tumor
- ☐ e. All of the above

*2. True or False? Post-traumatic stress disorders, once referred to as shell shock or battle fatigue, is a condition that only affects war veterans.*

- ☐ True
- ☐ False

*3. True or False? Someone who feel compelled to spend a great deal of time doing things over and over again such as washing their hands, checking things or counting things has an anxiety disorder.*

- ☐ True
- ☐ False

*4. What is the most common mental health problem in the United States?*

- ☐ a. Depression
- ☐ b. Schizophrenia
- ☐ c. Anxiety Disorders

*5. Which of the following diseases/ disorders are real medical illnesses?*

- ☐ a. Anxiety Disorders
- ☐ b. Diabetes
- ☐ c. High Blood Pressure
- ☐ d. All of the above

*6. Which of the following are symptoms of an anxiety disorder known as panic disorder?*

- ☐ a. Chest pains
- ☐ b. Dizziness
- ☐ c. Nausea or stomach problems
- ☐ d. Fear of dying
- ☐ e. All of the above

*7. True or False? Anxiety disorders often occur with other illnesses.*

- ☐ True
- ☐ False

*8. True or False? Most people successfully take control of the symptoms of anxiety disorders by sheer willpower and personal strength.*

- ☐ True
- ☐ False

## Quick Tips for Learning to Relax

Many people deal with stress by getting exercise or going for a long walk. But between your busy work schedule and all the other demands in your life, you may not have the time for that. Here are 10 quick things you can do at work or at home to manage stress and feel more relaxed:

**Practice deep breathing.** Take five slow, deep breaths. Concentrate on filling up your lungs by breathing in through your nose, then slowly letting all of the air back out through your mouth.

**Relax your facial muscles.** Close your eyes and try to imagine letting go of all of the muscles in your face. Gently massage your scalp and face with your fingers.

**Do five slow neck rolls.** Close your eyes, and gently tilt your head from side to side or around in a circle to stretch the muscles in your neck.

**Tighten, and then loosen, the muscles in your hands.** Clench your hands up tightly, and hold this position for a second, then release your muscles. Repeat this a few times.

**Keep a picture of your child, friend, partner, pet, or a favorite outdoor spot in your workspace or in the room where you spend a lot of time at home.** When you start to feel stressed look at the picture for a minute.

**Get up, go outside, and take a quick walk during your break at work or when you're at home.** You may be surprised by how much better you feel, even after just five minutes outside.

**Laugh.** Share a joke or a funny story with a co-worker, friend, or family member. Laughter is a great way to reduce feelings of stress and feel more relaxed.

**Keep a small stress ball with you** and toss the ball from one hand to the other for a few minutes or squeeze the ball a few times.

**Listen to music that makes you feel good on your way to and from work.** Music is a wonderful stress-reducer.

**Avoid using alcohol or drugs to feel relaxed.** Find other, healthier ways to manage stress and feel good.



## When to Seek Help

**Stress is not necessarily harmful.** Everyday stressors are common; however, when the stress is prolonged or overwhelming and you are not able to cope (for example, you think about it constantly), it can become physically and/or psychologically harmful. A “suck it up and drive on” ethos really helped in the heat of battle, but it is not a good tactic after battle if it keeps you from seeking helpful treatment.

**Talk to your medical doctor or a mental health professional if:**

- You are experiencing any symptoms that worry you and are causing distress.
- Your symptoms are causing significant changes in your relationships.
- Your symptoms are making it hard to do your job.
- You are abusing alcohol or drugs to feel better.
- You are unable to find relief with the strategies listed above.

**Negative coping behaviors cause problems.** Actions that may feel immediately helpful but that can cause problems later include smoking, abusing drugs or alcohol, isolating yourself, being a workaholic, exhibiting violent behavior, demonstrating angry intimidation of others, eating unhealthy foods, expressing self-destructive behavior (e.g., attempting suicide), and getting into or staying in dysfunctional relationships.

## Where to Get Help

Remind yourself that your feelings are normal, given the situation, and seeking help is an effective strategy towards feeling better. There are a number of resources available to help you.

- Contact your unit or state chaplain, unit mental health team, or primary medical provider.
- Contact the Veterans Administration (VA) Medical Centers and Vet Centers that provide veterans with mental health services.
- Contact your state Military Family Life Consultant (MFLC).

- All Service Members and their Families can contact Military OneSource at [www.militaryonesource.com](http://www.militaryonesource.com) and register for a free account.
  - Free confidential counseling (up to 12 sessions per family member per issue) in the civilian community is available.
  - Call toll free **1-800-342-9647**

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# Defensive Driving

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*“bringing them all the way home”*

BEFORE      DURING      AFTER 30      AFTER 60

## Driving Safely at Home after Combat Driving

Driving in a combat zone, you're constantly on the alert for hazards -- seen and unseen. You develop aggressive driving skills designed to keep you safe in hostile surroundings. These skills may become so ingrained that they're almost automatic.

After you come home, you may find yourself driving as though you are still in a war zone. But the driving habits that kept you safe under threat can be dangerous to you and others under normal conditions. It's important to reduce the risk of injury to yourself and others by re-training yourself to drive defensively.

### **Offensive vs. defensive driving**

Drivers rely on each other to behave in predictable ways. These ways, or "rules of the road," include laws you learned in driver's education -- observe the speed limit, obey traffic lights -- as well as acts of common courtesy like letting others merge into your lane.

*The driving strategies that you used in combat were meant to be unpredictable, to keep others off guard. Here at home, this offensive driving can have serious consequences, from traffic tickets to deaths.*

### Offensive driving

Offensive driving habits you need to avoid include:

- ***Driving down the middle of the road.***
- ***Driving off-road*** in areas or in vehicles that aren't suitable.
- ***Driving unpredictably*** - - speeding up and slowing down, changing lanes suddenly.
- ***Speeding through intersections*** by running red lights or stop signs.
- ***Tailgating or matching another driver's actions*** such as lane changes or speed.
- ***Swerving unexpectedly*** to avoid common road objects such as trash or road kill, or to avoid road repairs.

### Defensive driving

Good drivers drive defensively. This means that they are aware of their surroundings and are prepared to adjust to adverse conditions or the mistakes of other drivers.

To be a defensive driver, you must:

- ***Know the driving laws in your state.*** If you need to refresh your memory, download or get a print copy of your state's driver's handbook from the Department of Motor Vehicles.
- ***Be courteous to other drivers.*** Remember you're sharing the road with other vehicles and pedestrians, too.
- ***Avoid road rage.*** Never drive when you're angry or upset.
- ***Keep a safe distance from the car in front of you.*** Use at least the 2-second rule, and preferably more. (Watch as the vehicle in front of you passes an object, like a mark on the road surface, and count "one-thousand-one, one-thousand-two." If you pass the same spot before you get to "two", you're too close.)
- ***Maintain the speed limit,*** always keeping road conditions in mind. Driving faster or slower than prevailing traffic puts you and traffic around you at increased risk.
- ***Avoid using the cell phone while driving.***
- ***Always use seatbelts.*** Make sure passengers buckle up, too.
- ***If you drink alcohol, do so responsibly.*** Never drink and drive - - use a designated driver.

### Other issues that raise driving risk

As a returning service member or veteran, distraction or physical impairment can put you at risk of other issues that can affect your driving. If you or someone you know is having problems such as those listed below, seek professional help.

- ***Excessive risk-taking, such as driving at high speeds.*** It's common for returning soldiers to try to seek substitutes for the adrenaline rush experienced in combat.
- ***Emotional reactions related to returning home,*** such as depression or relationship problems.
- ***Alcohol or drug abuse***



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# Mental Health

(Let's Reflect)

Service Member Questionnaire  
Family Member Questionnaire

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*“bringing them all the way home”*

BEFORE

DURING

AFTER 30

AFTER 60

Please answer completely and honestly. These are completely anonymous and will be destroyed.

**Combat Veteran**

1. Have you felt different since being home? Yes No
2. Have you been drinking too much? Yes No
3. Have you used legal or illegal drugs to get through the day? Yes No
4. Have you had trouble sleeping? Yes No
5. Have you felt more irritable since being home? Yes No
6. Have you been violent since being home (road rage, punching walls)? Yes No
7. Are things just not that fun any longer? Yes No
8. Have you kept away from non combat friends? Yes No
9. Do you feel like you need to go back to Iraq/Afghanistan, that you have unfinished business there?  
Yes No
10. Below please write **any** question you would like answered by us today?

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# Vet Center



Please answer completely and honestly. These are completely anonymous and will be destroyed.

Spouses and/or Family Member

1. Has your veteran been different since being home? Yes No
2. Has your veteran been drinking too much? Yes No
3. Has your veteran used legal or illegal drugs since being home to get through the day? Yes No
4. Has your veteran had trouble sleeping? Yes No
5. Has your veteran been more irritable since being home? Yes No
6. Has your veteran been violent since being home (road rage, punching walls)? Yes No
7. Has your veteran kept to himself since being home? Yes No
8. Does your veteran seem depressed? Yes No
9. Does you veteran want to go back to Iraq/Afghanistan (like he/she has unfinished business there or is missing out on something)? Yes No
10. Below please write any question you would like answered by us today?

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# Suicide Prevention

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BEFORE

DURING

AFTER 30

AFTER 60

# Suicide Prevention for Military Families:

## What You Need to Know About Warning Signs and Getting Help

### Suicide in the Military

Suicide in the military is not just a mental health problem; it is a public health problem. Nearly 20 percent of suicides each year are completed by veterans, and the number of suicide attempts by Army personnel has increased six-fold since the wars in Afghanistan and Iraq began. The Air Force suicide rate jumped from 9.7 per 100,000 in 2007 to 12.3 per 100,000 in 2008.

The keys to improving these statistics are reducing the stigma associated with mental illness, encouraging help-seeking behavior, and being aware of warning signs and treatment options.

**“I knew my son was sad...but I didn’t know you could die from being too sad. Untreated depression is as deadly as cancer or heart disease.”**

**- Major General Mark Graham**

### Know the Facts

- Men account for 80% of all completed suicides in America.
- Twenty percent of all suicide deaths occur among veterans.
- A suicide occurs approximately every 16 minutes, totaling nearly 90 suicides a day.
- More than 32,000 Americans die by suicide each year.
- Suicide is the 11<sup>th</sup> leading cause of death overall in America.

### What to Look For: Risk Factors

- Depression
- Family Problems
- Difficulties in an intimate relationship

### What to Look For: Risk Factors

- Strong feeling of **HOPLESSNESS**
- Anxiety over financial hardship
- A significant loss

- Pressure to succeed

## Protective Factors/Interventions

- Regular consultation with primary care physician
- Effective clinical care for mental and physical health, and substance abuse
- Strong connections to family and community support
- Restricted access to lethal means of suicide.

**“If you feel such stress, do not hesitate to talk to your chain of command, your chaplain, or medical expert.”**

**-General David Petraeus, 2007**

## Help Is Available

The Suicide Prevention Action Network USA and Tri-West Healthcare Alliance have resources available to assist military personnel and their families with finding appropriate care:

- Call 1-800-273-TALK (8255) for the National Suicide Prevention Lifeline. To speak with a Veterans Affairs (VA) counselor, press “1” after being connected.
- To access TriWest Healthcare Alliance’s Behavioral Health Portal, visit [www.triwest/beneficiary](http://www.triwest/beneficiary) and click on “Behavioral Health.”
- For SPAN USA’s local suicide prevention resources, visit [www.spanusa.org/states](http://www.spanusa.org/states).
- Conduct an online mental health screening assessment at <http://www.militarymentalhealth.org/>
- Contact your local VA office, community mental health clinic, or religious institution.
- [www.militaryonesource.com](http://www.militaryonesource.com) 1-800-342-9647





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# Resources

Montana Vet Centers  
Military OneSource  
MTNG Transition Program  
Behavioral Health Resources  
Montana Fish, Wildlife & Parks

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# Montana Vet Centers

## **Veteran Readjustment Services**

### Mission Statement

Vet Centers serve veterans and their families by providing a continuum of quality care that adds value for veterans, families, and communities. Care includes professional readjustment counseling, community education, outreach to special populations, the brokering of services with community agencies, and provides a key access link between the veteran and other services in the U.S. Department of Veteran Affairs.

### Confidentiality and Privacy

The Vet Center Staff respects the privacy of all veterans, and we hold in strictest confidence all information disclosed in the counseling process. No information will be communicated to any person or agency without written consent from the veterans.

### Eligibility for Services

- All veterans who served in a War Zone
- Any veteran who has experience sexual trauma while in the military

### Services Provided

- Individual Counseling
- Group Counseling
- Marital/Family Counseling
- Alcohol/Drug and Referral Counseling
- Benefits Referral
- Job Referral
- Employment counseling and Referral
- Community Education
- Liaison with VA Facilities
- Referral to Community Agencies
- Contract with selected local/community agencies or counselors

### Where You Can Find Us

Missoula  
500 N. Higgins Street  
(406) 721-4918  
1-800-626-8686

Billings

Behavioral Health Resources





# MTNG Transition Program: Transition Assistance Advisor

Do you need help with:

Feelings of Anxiety – Depression –  
Can't Sleep at Night?

TRICARE issues?



Traumatic SGLI applications?

Feeling that your issues are not  
being dealt with?

How to file a VA Disability  
Claim?



## Background:

The MTNG Benefits Advisor serves as the statewide Point of Contact (POC) to assist members in accessing Veterans Affairs benefits and healthcare services. The Benefits Advisor also provides assistance in obtaining entitlements through TRICARE as well as other community resources.

## What can I do for you?

I help you navigate through the numerous benefits and entitlements in the DoD and VA system. I have a tremendous amount of referral information available to assist you with your need. For example:

- Guard Entitlements for DoD and VA health care.
- TRICARE Benefits.
- Dental care programs (time sensitive).
- Referrals for Counseling Services.
- Compensation Referrals for injuries or illness sustained in OEF and OIF.
- SGLI and TSGLI Insurance Information
- Rehabilitative Care Management.
- Assistance with job search and connection with ESGR for rights of employment.
- Veterans Benefits Administration and Veteran Service Organizations to file disability claims.
- Financial hardship, healthcare issues, or unemployment needs assistance.
- Locating Medical Records, DD 214s and other needed documents.



## CONTACT

**Dave Lake**

DoD Contractor / ARROWPOINT

**Phone 324-3257**

**Toll Free 888-763-0344**



## Transition Assistance Advisors:

**Who we are:** The purpose of the Transition Assistance Advisor (TAA) program is to provide a person in each state/territory to serve as the statewide point of contact to assist members in accessing Veterans Affairs benefits and healthcare services. Each TAA also provides assistance in obtaining entitlements through the TRICARE Military Health System and access to community resources. The TAA initiative began in May 2005 when the National Guard Bureau signed a memorandum of agreement with the Department of Veterans Affairs. The TAA program is staffed by 55 contract positions and two federal technicians.

**Who we serve:** The program is primarily designed to serve the members of the National Guard and their families. Additionally, we gladly provide services to members in all of the Active and Reserve components.

**Why we will be successful in meeting your needs:** •We care about you and your family. •Over 90% of us are veterans or spouses of military members. •Many TAAs have worked through the disability process and receive disability compensation. •We have built strong partnerships and coalitions within the Department of Defense (TRICARE), Department of Veterans Affairs, State Directors of VA, Veterans Services Organizations, and State Headquarters groups, such as Family Support, Chaplains Offices, Department of Labor, and Employer Support for the Guard and Reserve (ESGR).

**What we can do for you as an individual service member:** We help you navigate through the numerous benefits and entitlements in the DoD and VA system. We take the time to assist you and not toss you into the "800 number desert!" We will educate you so you will understand the benefits you have earned, such as: Guard entitlements and access for health care in both the DoD and Veteran Affairs medical facilities. •TRICARE benefits while you are on active duty and when you return as an OIF/OEF veteran. Important deadlines that require your action while still on active duty and as a veteran so you do not miss these time sensitive opportunities •Dental care programs (time sensitive). •Referral for counseling services for you and your family that will not affect your career. •Referral for possible compensation for injuries or illness sustained in OEF and OIF. Insurance information such as SGLI and TSGLI •Rehabilitative care management needed to help you return to a normal lifestyle.-Assistance with job search and connection with ESGR for rights of employment. •Assistance in connecting you to the Veterans Benefits Administration and Veteran Service Organizations to file disability claims. •Assistance in the event of financial hardship, healthcare issues, or unemployment needs. •Assistance with locating your medical records, DD 214s and other needed documents.

**Where we may travel to ensure that you, your family members, your leadership, and the local state and federal agencies understand these benefits:**-Mobilization and demobilization sites-Reintegration meetings-Unit weekend drill gatherings-Sponsored Guard leadership conferences at the national and state levels to the specialized organizational agency meetings-Post Deployment Health Reassessment sites-Guard Fairs.

## AND ANYWHERE ELSE YOU WANT US TO BE!

**What you mean to us:** You served your country; now let us serve you and your family.

**How we helped others:**"... He (Bruce Smith, PA TAA) was caring, compassionate, and very efficient. Mr. Smith was able to piece together the entire puzzle for us. Having him as our point of contact was a tremendous help to my husband and me... The information I received from Mr. Smith was a blessing, and took a huge burden off my shoulders... This type of contact is of vital importance to the Soldier and family. He has done an outstanding job. His experience and knowledge is truly an asset to families and to those who serve our country..." -Army Guard spouse"

My family and I would like to thank Kerry Gehring for taking her time to help us through a personal and financial crisis. By submitting a request for assistance to a private fund, she obtained approval for \$1500.00 for our housing needs and legal expenses to take a fraudulent lender to court. The interest and compassion she has shown to us helps us to be encouraged even more.  
"-Army Guardsman"

## Our dedicated staff:

"... I feel like I have met my calling with this position. I found my purpose in life!"-Lisa Lindskog, NH TAA

"... I love the fact that I am helping out our war heroes!"-Terry Dean, OH TAA,Disabled Veteran

**"The willingness with which our young people are likely to serve in any war...shall be directly proportional to how they perceive the veterans of earlier wars were treated and appreciated by their nation."**

**President George Washington**



# Montana National Guard Behavioral Health Resources



**Natalee Charlton, LCSW**



**Carol Josephson, MSW**

## **Military Family Life Consultant (MFLC)**

Provides direct short-term, non-medical, solution-focused counseling services to individuals, couples, families, and groups for situations resulting from commonly occurring life circumstances.

Supports mobilization, demobilization and reintegration activities.

Develops community capacity by reaching out to community agencies and groups.

## **MFLC Counseling Services Include:**

### **Life Skills:**

Anger Management  
Communication  
Relationship Issues  
Parenting

### **Military Lifestyle:**

Deployment Stress  
Coping Skills  
Separation  
Reintegration

**Natalee Charlton, LCSW**  
**Mental Health Network (MHN) Contractor**  
**Fort Harrison, MT 59636**  
**Phone: 696-5202 or 324-3925**  
**Email: [natalee.j.charlton@healthnet.com](mailto:natalee.j.charlton@healthnet.com) or [natalee.charlton@us.army.mil](mailto:natalee.charlton@us.army.mil)**

## **Director of Psychological Health (DPH)**

Provides high-quality services that are National Guard member specific; friendly and comprehensive.

Assists with Service Member readjustment to civilian life.

Provides National Guard orientated behavioral health training through the deployment cycle.

## **DPH Services Include:**

- Assessments
- Referral Services
- Behavioral Health resource identification and
- Support
- Case Management Services
- Follow-up Services
- Commander Consultation Services
- Leadership Training
- Wellness Education
- Critical Incident Management Services

**Carol Josephson, LCSW/LAC**  
**Mental Health Network (MHN) Contractor**  
**Fort Harrison, MT 59636**  
**Phone: 422-6131 or 324-3296**  
**Email: [carol.josephson@us.army.mil](mailto:carol.josephson@us.army.mil)**



# **Military OneSource**

## **What does Military OneSource do?**

Military OneSource, which supplements existing installation services, provides free help and information, by phone with a professionally trained consultant or online, on a wide range of issues that affect you and your family – from budgeting and investing to relationships and deployment. Its available 24 hours a day, 365 days a year.

Whether you're single or married, a parent or not a parent, Military OneSource can help with the issues that are important to you. For service members and families who live far from military installations, Military OneSource is especially useful. Military OneSource also provides free counseling services (up to 12 sessions per person, per issue), face-to-face in the local community, by telephone, and online.

## **Why should I call Military OneSource?**

Military OneSource helps you save time and money by researching your questions; supplying solid, reliable information; and providing valuable services. Use Military OneSource to seek help early, before a minor problem turns into a major one. Answer the telephone "live" and can also respond to e-mail questions. They also follow up to make sure you've received the help you need.

Here are just a few of the issues Military OneSource can help you with:

- Counseling services for personal and relationship issues.
- Child care and parenting issues.
- Deployment and reunion issues.
- Education.
- K-12.
- College.
- Special needs.
- Spouse training, education, and career.
- Elder care issues.
- Money matters.
- Legal issues.
- Violence and trauma issues
- Relocation.
- Transition to civilian life..
- Consumer issues and travel.
- Translation assistance
- [www.militaryonesource.com](http://www.militaryonesource.com)





## License Discount Opportunities

Montana resident members of the Montana National Guard, Federal Reserve or Active Duty, who participated after September 11, 2001 in a contingency operation outside the state for at least two months and have been released from active duty or discharged, are entitled to a free conservation license OR a sportsman w/out bear license for a fee of \$2. These licenses will be issued only at FWP offices. A DD 214 and other supporting documentation are required. Reduced fees are in effect for 5 years from active duty service.

A veteran with certain combat-connected injuries may be entitled to half-priced licenses for deer and antelope. Up to 50 licenses will be issued annually. Contact the FWP License Bureau Chief for details at (406) 444-2663.



## The Airman's Creed

I am an American Airman.

I am a Warrior.

I have answered my Nation's call.

I am an American Airman.

My mission is to Fly, Fight, and Win.

I am faithful to a Proud Heritage,

A Tradition of Honor,

And a Legacy of Valor.

I am an American Airman.

Guardian of Freedom and Justice,

My Nation's Sword and Shield,

Its Sentry and Avenger.

I defend my Country with my Life.

I am an American Airman.

Wingman, Leader, Warrior.

I will never leave an Airman behind,

I will never falter,

And I will not fail.

## The Soldier's Creed

I am an American Soldier.

I am a Warrior and a member of a team. I serve the people of the United States and live the Army Values.

*I will always place the mission first.*

*I will never accept defeat.*

*I will never quit.*

*I will never leave a fallen comrade.*

I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills. I always maintain my arms, my equipment and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.

I am a guardian of freedom and the American way of life.

I am an American Soldier.



# MyHELPList

**Information and Assistance for Military Service  
and Family Members During Tough Economic Times**

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**Part I**

## **MILITARY RESOURCES** *Our Best Online Portals, Call Centers and Locator Services !*

### **Military OneSource**

24/7 Call Center

You name it. We can help!

1-800-342-9647

[www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)

### **MilitaryHOMEFRONT**

DoD programs, policies, news and events.

[www.MilitaryHOMEFRONT.dod.mil](http://www.MilitaryHOMEFRONT.dod.mil)

[www.MilitaryINSTALLATIONS.dod.mil](http://www.MilitaryINSTALLATIONS.dod.mil)

### **Joint Family Resource Center (JFRC)**

On-demand counseling, educational materials and programs provided to support command sponsored deployment, personal finance and transition programs at no cost to commands.

Command leaders should call:

1-888-256-9920

<http://jfsap.mhf.dod.mil/request>

### **Joint Family Support Assistance Programs (JFSAP) for Guard and Reserve**

For state JFSAP staffs, regional coordinators and other key points of contact, call:

1-800-342-9647

[www.GuardFamily.org](http://www.GuardFamily.org)

[www.defenselink/ra](http://www.defenselink/ra)

### **Transition Assistance Advisors (TAAs)**

Veterans benefits counseling, information, assistance and community referrals.

See full listing of TAAs in Resource Section of

[www.TurboTAP.org](http://www.TurboTAP.org)

### **TurboTAP.org**

Personal finance, transition assistance and benefits information for active duty, National Guard and Reserve service and family members.

[www.TurboTAP.org](http://www.TurboTAP.org)

### **Deployment Health & Family Readiness Library**

Online family readiness resources, deployment cycle support articles, and physical, environmental, occupational, and mental health fact sheets for deployers written in "plain English."

<http://deploymenthealthlibrary.thp.osd.mil>

### **Wounded Warrior Resource Center**

Specialized support for wounded, ill and injured servicemembers and their families.

1-800-342-9647

[www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)

### **MyArmyBenefits**

Online calculators and comprehensive military benefits information of value to all military servicemembers.

1-888-721-2769

[www.myarmybenefits.us.army.mil](http://www.myarmybenefits.us.army.mil)

### **Military Chapels and Chaplains**

Call Military OneSource: 1-800-342-9647 for referrals or visit DoD's locator service:

[www.MilitaryINSTALLATIONS.dod.mil](http://www.MilitaryINSTALLATIONS.dod.mil)



## **ADDITIONAL MILITARY RESOURCES**

### **Military Relief Societies**

Personal and family financial counseling, emergency loans, consumer advice and basic assistance. Active duty, National Guard and Reserve are eligible to use these programs.

For the office nearest you, visit:  
[www.MilitaryINSTALLATION.dod.mil](http://www.MilitaryINSTALLATION.dod.mil)  
or call **Military OneSource:**  
1-800-342-9647

**Army Emergency Relief (AER)**  
[www.aerhq.org](http://www.aerhq.org)  
1-800-769-8951 or 1-866-878-6378

**Air Force Aide Society (AFSC)**  
[www.afas.org](http://www.afas.org)

**Navy/Marine Corps Relief Society (NMCRS)**  
[www.nmcrs.org](http://www.nmcrs.org)  
703-696-1481

**Coast Guard Mutual Assistance**  
[www.cgmahq.org](http://www.cgmahq.org)  
1-800-881-2462

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### **Family Service Centers**

Local and regional information and referral services, counseling, skills for living educational programs, family advocacy, support for parents, children and youth, deployment support, relocation, personal finance, transition and spouse employment assistance.

*For immediate 24/7/365 assistance, confidential referrals and additional information about family support services, contact:*

**Military OneSource**  
1-800-342-9647

For the family support center nearest you:  
[www.MilitaryINSTALLATION.dod.mil](http://www.MilitaryINSTALLATION.dod.mil)

**Army Community Services (ACS)**  
[www.MyArmyLifeToo.org](http://www.MyArmyLifeToo.org)

**Airman and Family Readiness Flights**  
[www.AFCrossroads.com](http://www.AFCrossroads.com)

**Navy Fleet and Family Services (FFSC)**  
[www.nffsp.org](http://www.nffsp.org)  
[www.LIFELines.navy.mil](http://www.LIFELines.navy.mil)

**Marine Corps Community Service (MCCS)**  
[www.usmc-mccs.org/installation](http://www.usmc-mccs.org/installation)

**Joint Family Support Assistance Program**  
supporting the National Guard and Reserve

National Guard  
[www.GuardFamily.org](http://www.GuardFamily.org)  
Reserve Components  
[www.Defenselink/ra](http://www.Defenselink/ra)  
1-888-777-7731

**Coast Guard Work Life Program**  
[www.uscg.mil/worklife](http://www.uscg.mil/worklife)  
202-475-3654

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**National Suicide Prevention Lifeline**  
Support and assistance for military personnel, veterans and their families  
**1-800-273-TALK (8255)**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

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### **Military Pay, Compensation & Benefits**

Information about military pay, compensation, benefits, sources of assistance and easy-to-use online calculators.

**Compensation & Benefits Handbook**  
[www.TurboTAP.org](http://www.TurboTAP.org)

**Defense Finance and Accounting Service (DFAS)**  
[www.defenselink.mil/militarypay/pay/calc/index.html](http://www.defenselink.mil/militarypay/pay/calc/index.html)

**DoD Pay and Compensation**  
[www.defenselink.mil/militarypay/index](http://www.defenselink.mil/militarypay/index)

**Military Pay Calculator**  
[www.MyPay.gov](http://www.MyPay.gov)

**MyArmyBenefits Calculators**  
<http://MyArmyBenefits.army.mil>

**Retirement Calculator**  
[www.defenselink.mil/militarypay/retirement/calc/index.html](http://www.defenselink.mil/militarypay/retirement/calc/index.html)

**Survivors Benefit Plan**  
[www.defenselink.mil/militarypay/survivor](http://www.defenselink.mil/militarypay/survivor)

**WarriorCare/National Resource Directory**  
[www.WarriorCare.mil](http://www.WarriorCare.mil)  
<https://www.nationalresourcedirectory.org>



### **GOVERNMENT RESOURCES**

#### **Federal Government Organizations**

Financial education materials, free publications, online calculators, counseling services, savings and investing programs, and consumer protection.

*See Housing Assistance Section for Housing and Urban Development (HUD) information and services.*

**Department of Treasury**  
Financial Literacy and Education  
Commission information and resources.  
[www.MyMoney.gov](http://www.MyMoney.gov)  
1-800-MYMONEY

**Federal Deposit Insurance Corporation (FDIC)**  
Money Smart curriculum materials and computer-based instruction.  
[www.fdic.gov/consumers/consumer/moneysmart](http://www.fdic.gov/consumers/consumer/moneysmart)  
1-877- ASK-FDIC

**Federal Reserve Board**  
Savings, home foreclosure and related educational resources.  
[www.federalreserve.gov/consumerinfo](http://www.federalreserve.gov/consumerinfo)

**Federal Trade Commission (FTC)**  
Identity theft information, consumer complaints reports and filing, and consumer financial education.  
<http://www.ftc.gov/bcp/edu/microsites/idtheft>  
<http://www.ftc.gov/bcp/index.shtml>

**General Services Administration (GSA) Federal Citizen Information Center**  
Call Center and free publications.  
[www.pueblo.gsa.gov](http://www.pueblo.gsa.gov)  
<http://www.consumeraction.gov>  
1-800-FED-INFO

**Securities and Exchange Commission (SEC)**  
Investment information for military personnel and their families.  
[www.sec.gov/investor/military.shtml](http://www.sec.gov/investor/military.shtml)

**Small Business Administration (SBA)**  
Military Reservist Economic Injury  
Disaster Loan Program, Patriot (cont)

Express Loans for military spouses,  
Veteran Business Outreach Centers,  
Small Business Development Centers.  
[www.sba.gov](http://www.sba.gov)

**Social Security Administration (SSA)**  
Military Service and Social Security  
fact sheets.  
<http://www.ssa.gov/pubs/10017.html>

**Thrift Savings Plan (TSP)**  
Retirement savings plan for military  
personnel offers tax-free investments  
prior to withdrawal of funds.  
[www.tsp.gov](http://www.tsp.gov)  
1-TSP-YOU-FRST

**US Department of Agriculture  
(USDA)**  
Cooperative State Research Education and  
Extension Service (CSREES),  
financial education research, resources,  
online tools and scheduled events.  
[www.csrees.usda.gov/financialsecurity](http://www.csrees.usda.gov/financialsecurity)

**US Savings Bond Program**  
[www.savingsbonds.gov](http://www.savingsbonds.gov)



## **ORGANIZATIONS BY TYPE OF ASSISTANCE**

### **Banking**

**Association of Military Banks  
of America (AMBA)**  
Financial education materials,  
resources and links.  
[www.ambahq.org/resources.htm](http://www.ambahq.org/resources.htm)  
540-347-3305

**Defense Credit Union Council**  
Directory of Local Credit Union Branches,  
financial resources, links and financial  
policy information.  
[www.dcuc.org](http://www.dcuc.org)  
202-638-3950

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### **Charitable Organizations**

**American Legion**  
Heroes to Hometowns program,  
veteran affairs services, family  
support centers, general assistance, reunions  
and awards.  
[www.legion.org/homepage.php](http://www.legion.org/homepage.php)  
[www.legion.org/national/contact](http://www.legion.org/national/contact)

**American Supports You (Website)**  
Connects military servicemembers and  
families to organizations that provide a wide  
range of support, assistance, adaptive  
equipment, scholarships and other helpful  
resources.  
[www.americasupportsyounil](http://www.americasupportsyounil)

**Angels of Mercy Program**  
Clothing and supplies for wounded  
servicemembers.  
[www.supportourwounded.org](http://www.supportourwounded.org)  
703-938-8930

**Children of Fallen Heroes**  
Housing, college grants and scholarships for  
children and spouses of fallen heroes.  
[www.cfsrf.org](http://www.cfsrf.org)  
301-865-6327

**United Services Organizations (USO)**  
USO Centers, Internet and email access,  
libraries, reading rooms, recreational  
activities, regional veterans services, and  
family services.  
[www.uso.org](http://www.uso.org)  
703-908-6400



**Yellow Ribbon Program**

Food, clothing, shelter, medical assistance and education for veterans.

[www.yellowribbonfoundation.com](http://www.yellowribbonfoundation.com)

1-888-99-4VETS

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**Children and Youth Services****Armed Services YMCA (ASYMCA)**

Child care, hospital assistance, military spouse support, food services, computer training, health and wellness support and holiday meals.

[www.asymca.org](http://www.asymca.org)

1-800-597-1260

703-313-9600

**Boys & Girls Clubs of America**

Youth centers provide educational, recreational, cultural, and social activities for military youth.

[www.bgca.org](http://www.bgca.org)

**Junior Achievement**

Financial education and resources that encourage young people on such concepts as work readiness, entrepreneurship and financial literacy.

[www.ja.org](http://www.ja.org)

**JumpStart Coalition for Financial Literacy**

Financial literacy publications, websites and links to improve the personal financial education of children, teens and young adults.

<http://www.jumpstart.org/states.cfm>

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**Consumer Information****Consumer Federation of America (CFA)**

Support provided through CFA website includes a newsletter, publications, resource center and promotion of special events.

[www.consumerfed.gov](http://www.consumerfed.gov)

202-387-6121

**Council of Better Business Bureaus (BBB)**

Information that protects servicemembers from unscrupulous businesses, BBB reliability reports, BBB Auto Line, BBB MilitaryLine, and dispute resolution services.

703-276-0100

[www.bbb.org](http://www.bbb.org)

**Military Sentinel (FTC)**

Identifies and reports on consumer protection issues.

<http://www.consumer.gov/military/>

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**Consumer Credit Counseling****Center for Responsible Lending**

Credit counselor locator service, home foreclosure and legal assistance, payday loan calculator, policy and technical assistance, coalition building and research

[www.responsiblelending.org](http://www.responsiblelending.org)

202-349-1850

**InCharge Institute of America**

Military Money Magazine, no-cost/reduced-fee debt elimination programs and "Military Money Minute" radio broadcasts.

[www.inchargefoundation.org](http://www.inchargefoundation.org)

[www.militarymoney.com](http://www.militarymoney.com)

1-800-565-8953

**National Foundation for Credit Counseling (NFCC)**

Consumer credit counseling services including homeowner, money and credit, bankruptcy education and counseling, debt management planning assistance, and free and low cost general assistance.  
[www.nfcc.org](http://www.nfcc.org)  
1-800-388-2227

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**Financial Education**

**American Financial Services Association (AFSA) Education Foundation**

Responsible money management tools, advice for understanding credit, credit management support, free MoneySkill online course.  
[www.afsaef.org](http://www.afsaef.org)  
[www.moneyskill.org](http://www.moneyskill.org)

**American Institute of Certified Public Accountants (AICPA)**

Financial calculators, tips, recommendations and personal finance referrals.  
[www.feedthepig.org](http://www.feedthepig.org)

**Employee Benefit Research Institute/ American Savings Education Council (EBRI/ASEC)**

National Educational Savings Resource Center, calculators, educational materials, Choose To Save Public Service Campaign and retirement planning resources.  
[www.ebri.org](http://www.ebri.org)  
[www.choosetosave.org](http://www.choosetosave.org)  
202-659-0670

**Freddie Mac**

Works with mortgage lenders to help people get lower housing costs and better access to home financing. CreditSmart curriculum materials help consumers build and maintain

better credit, make sound financial decisions, and understand homeownership.  
[www.freddiemac.com/creditsmart](http://www.freddiemac.com/creditsmart)

**Institute of Consumer Financial Education**

Online educational programs and printed materials that promote savings, provide tips for better spending, and advice for credit use.  
[www.financial-education-icfe.org](http://www.financial-education-icfe.org)  
619-239-1401

**National Endowment for Financial Education**

Military Family, Money and Mobility Pamphlet, web-based training for DoD financial educators, Project Financial Independence for mobilized members of the National Guard and Reserve and enlisted members of active duty forces, and free financial counseling from certified professionals.  
[www.nefe.org](http://www.nefe.org)  
[www.smartaboutmoney.org](http://www.smartaboutmoney.org)  
303-741-NEFE

**Women's Institute of Financial Education**

Money Club tools and resources, personal finance calculators, and publications.  
[www.wife.org](http://www.wife.org)  
760-736-1660

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## Financial Planning

### **Certified Financial Planner Board of Standards (CFP Board)**

Recommends how to choose a financial planner, set financial goals and get started on a financial plan. CFP maintains a financial planner database.

<http://www.cfp.net/learn>

<http://www.cfp.net/search>

### **Financial Planning Association (FPA)**

Helps consumers find a financial planner and financial educational materials.

[www.fpaforfinancialplanning.org](http://www.fpaforfinancialplanning.org)

[www.plannersearch.org](http://www.plannersearch.org)

### **National Association of Personal Financial Advisors (NAPFA)**

Maintains a financial planner search service for "Fee-Only" comprehensive financial advisors nearest you.

<http://www.napfa.org/consumer/index.asp>

<http://www.napfa.org/consumer/planners/index.asp>

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## Employment Assistance

### **Association for Financial Counseling & Planning Education (AFCPE)**

Offers fellowships for military spouses to attain the Accredited Financial Counselor (AFC) certification.

[www.afcpe.org](http://www.afcpe.org)

(614) 485-9650

### **Career One-Stop Centers (Dept of Labor)**

Local Veterans' Employment Representatives (LVER) and Disabled Veterans Outreach Program (DVOP) counselors provide career and employment support for military service and family members at state employment offices.

[www.careeronestop.org](http://www.careeronestop.org)

1-877-348-0502



### **MILSpouse (Department of Defense)**

Comprehensive resources that provide support, information and referrals for Military spouses seeking portable careers and employment opportunities.

[www.MILSpouse.org](http://www.MILSpouse.org)

### **REALifelines (Department of Labor)**

Offers support for wounded, ill, injured and disabled servicemembers, search engine for civilian careers, an online resume-writer, and a military-to-civilian skills translator.

[www.hirevetsfirst.gov/REALifelines](http://www.hirevetsfirst.gov/REALifelines)

202-693-4700

1-800-USA-JOBS

### **TurboTAP.org (Department of Defense)**

Employment hub, military friendly employers, transition assistance guides, checklists, decision support planning tools and benefit email alerts.

[www.TurboTAP.org](http://www.TurboTAP.org)

### **Military Spouse Career Advancement Accounts (CAA) (Department of Defense)**

Provides funding for licensing and credentialing training programs that provide portable careers for military spouses.

[www.CAA.MILSpouse.org](http://www.CAA.MILSpouse.org)

### **Warriors to Work Program**

Job search assistance for wounded warriors transitioning to civilian jobs.

<https://wtow.woundedwarriorproject.org>

1-877-TEAM-WWP

### **Wallstreet Warfighters Foundation**

Paid training for Wall Street Careers.

[info@wallstreetwarfighters.org](mailto:info@wallstreetwarfighters.org)

1-888-439-3935

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## **Healthcare**

### **Army Wounded Warrior Program**

Support programs for wounded soldiers who incurred an injury or illness after 10 September 2001 or in support of the Global War on Terror (GWOT)  
<http://aw2portal.com/Default.aspx>

### **Blinded Veterans Association**

Field Service Program, Volunteer Service Program and Scholarship Program.  
[www.bva.org](http://www.bva.org)  
 1-800-669-7079

### **Caring Bridge**

Free online service that allows military families to remain updated on their service-member's medical condition while in a military hospital or major medical center.  
[www.fisherhouse.org/caring/aboutCaring.shtml](http://www.fisherhouse.org/caring/aboutCaring.shtml)

### **Veterans Affairs Health Care Program**

Primary care, specialized care and related medical and social support services.  
<http://www1.va.gov/HEALTH/index.asp>

### **Wounded Warrior Project (WWP)**

WWP Solider Ride Program, TRACK Operation Outreach, Warriors to Work, WWP Outdoors, Patient and Family Support WWP Packs, and WWP Peer Mentoring.  
[www.woundedwarriorproject.org](http://www.woundedwarriorproject.org)

### **Yellow Ribbon Fund**

Volunteers of Walter Reed and Bethesda Medical Centers help injured servicemembers enjoy their community through outreach activities and services.  
[www.yellowribbonfund.com](http://www.yellowribbonfund.com)  
 240-223-1180

## **Housing Assistance**

### **Fisher Houses and Programs**

Temporary housing on the grounds of major military or VA medical centers for families and caregivers of individuals admitted to the hospital, Caring Bridge Program status updates, scholarships for children and spouses, Hero Miles (free airline tickets for family members of an OIF/OEF ill or injured servicemember), and Newman's Own organizational grants.  
[www.fisherhouses.org](http://www.fisherhouses.org)

### **Homes for Our Troops**

Builds or adapts homes for handicapped accessibility at no cost to veterans.  
[www.homesforourtroops.org](http://www.homesforourtroops.org)  
 508-823-3300  
 1-866-7 TROOPS

### **Hope NOW**

Hope NOW is an alliance between HUD approved counseling agents, servicers, investors and other mortgage market participants that provide free foreclosure prevention assistance.  
[www.hopenow.com](http://www.hopenow.com)  
 1-800-995-HOPE

### **HUD (Housing and Urban Development)**

#### **Hope for Homeowners Assistance Program**

Provides help for homeowners at risk for foreclosure and housing educational materials.  
[www.hud.gov](http://www.hud.gov)  
 1-800-225-5342





## Insurance

### **National Association of Insurance Commissioners**

Military Sales Online Reporting System, oversight for state and local insurance companies, and insurance company rankings.

[www.naic.org/government\\_relations.htm](http://www.naic.org/government_relations.htm)  
1-866-470-NAIC

### **Department of Veterans Affairs (VA)**

Insurance programs that specifically provide insurance benefits for veterans and service members who may not be able to get insurance from private companies because of the extra risks involved in military service or a service connected disability.

[www.insurance.va.gov](http://www.insurance.va.gov)

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## Investments

### **Financial Industry Regulatory Authority (FINRA)**

The largest independent regulatory authority in the US. Provides information on investing and how to build financial knowledge. Offers articles, interactive tools, alerts and other resources that can help you protect yourself.

[www.finra.org](http://www.finra.org)

Call Center: 301-590-6500

### **Investor Education Foundation**

Information that increases investor literacy and promotes savings and investing.

[www.saveandinvest.org](http://www.saveandinvest.org)

### **North American Securities Administrators Association (NASAA)**

Investor Awareness Quiz, NASAA Fraud Center, Investor Bill of Rights, Investing Online Resource Center, and investor alerts and tips.

[www.nasaa.org](http://www.nasaa.org)

202-737-0900

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## Legal Assistance

### **Services On Military Installations**

Trained legal professionals provide wills, powers of attorney, advanced medical directives and legal assistance services to military servicemembers and their families free of charge. For the office nearest you: call Military OneSource 1-800-342-9647 or visit DoD's locator service:

[www.MilitaryINSTALLATIONS.dod.mil](http://www.MilitaryINSTALLATIONS.dod.mil)

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## Savings

### **Military Saves & America Saves**

A social marketing campaign aimed at persuading, motivating, and encouraging military families to save money every month, and to convince leaders and organizations to be aggressive in promoting automatic savings.

<http://www.militarysaves.org>

<http://www.americasaves.org>

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## Servicemember Organizations

### **Navy League of the United States**

Scholarships, youth mentoring programs, awards, Navy League Hiring Center for veterans, employment opportunities, educational programs, and outreach.

[www.navyleague.org](http://www.navyleague.org)

703-528-1775

1-800-356-1560



1-800-625-1775

## Scholarships

## Financial Aid for Military Spouse Education

[http://www.dantes.doded.mil/Dantes\\_web/library/docs/counselorsupport/FOSSM.pdf](http://www.dantes.doded.mil/Dantes_web/library/docs/counselorsupport/FOSSM.pdf)

**National Military Family Association  
(NMFA)**

[www.nmfa.org](http://www.nmfa.org)

## Scholarships for Military Children

[www.militaryscholar.org](http://www.militaryscholar.org)

### Tax Services

## Military One Source

1-800-342-9647

### Internal Revenue Service (IRS)

<http://www.irs.gov/newsroom/article/0,,id=97273,00.html>

## Travel

## Operation Hero Miles

[www.heromiles.org](http://www.heromiles.org)



## MY COMMAND RESOURCES



*MyHelpList is a publication of the Office of the Deputy Under Secretary of Defense (Military Community and Family Policy), Personal Finance and Transition Directorate.*  
Last updated: 25 Nov 08